EXAMPLES OF DOMESTIC VIOLENCE

- Telling the victim that they can never do anything right
- Showing jealousy of the victim’s family and friends and time spent away
- Accusing the victim of cheating
- Discouraging the victim from seeing friends or family
- Embarrassing or shaming the victim with put-downs
- Controlling every penny spent in the household
- Taking the victim’s money or refusing to give them money
- Looking at or acting in ways that scare the person
- Controlling who the victim sees, where they go, or do
- Dictating how the victim dresses, wears their hair, etc.
- Stalking the victim or monitoring their victim’s every move
- Telling the victim that they are a bad parent or threatening to hurt, kill, or take away their children
- Threatening to hurt or kill their friends, loved ones, or pets
- Intimidating the victim with guns, knives, or other weapons

For anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or for Deaf and hard of hearing at 1-800-787-3224 (TTY).

For more information, go to the National Coalition Against Domestic Violence (NCADV) website or to the Seeds of Security webpage of the Baltimore-Washington Conference at www.bwcumc.org/sos.

RESOURCES

Susanna Wesley House (Baltimore)
410-837-3787, www.susannawesleyhouse.org

Arundel House of Hope

Marian House

Sarah’s House
410-551-7722, Catholiccharities-md.org (multiple locations)

Source: NCADV https://ncadv.org/learn-more